



School News

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No. 18

25th January 2024

DATES FOR YOUR DIARY

Friday, 26th January - Year 1 Class Worship at 9.00am in the School Hall

Parents, carers, family and friends of children in Year 1 are warmly invited to join us for their class worship.

Thursday, 1st February - Boy's Football League Match home to Wingham Primary School Kick off at 3.00pm

Friday, 2nd February - Year 6 Leaver's Party Parents Meeting at 2.00pm in the School Library

Parents and carers of children in Year 6 are invited to a meeting to arrange the Year 6 leaver's party at the end of the year.

OTHER SCHOOL NEWS

Welcome New Governors

We would like to welcome our new school parent governors, Miss Hayley Cook and Mrs Danielle Burvill to the governing body. We would like to thank them for applying for this important role and we look forward to working with them during their time in office.

E-Scooters and Scootering to School

We have received a call from a concerned member of the public regarding children from Eastry Primary School scootering to school. We have been advised that there are children who are using E-Scooters to get to school. We would remind parents that it is illegal to use privately owned E-Scooters on public footpaths or roads and these should not be used. There is also a concern with younger children scootering at speed on footpaths making it dangerous for other pedestrians. Please can we ask parents to be mindful of other members of the public who are using footpaths and ask your child to scooter responsibly.

Family Learning Course - Creating Your Own Family Scrapbook

Kent Adult Education family learning team will be running a course 'Creating Your Own Family Scrapbook' in school in term 4. The course will run on Monday afternoons from 1.15 to 3.45pm for 5 weeks starting on 26th February and ending on 25th March 2024. The course will give parents an opportunity to explore and develop creative skills including photography. If you are interested in attending please contact Tracy Inglis, Family Liaison Officer on tinglis@eastry.kent.sch.uk or calling the school. Places are limited and will be given on a 'first come, first served' basis.

INTERNET/ONLINE SAFETY SECTION

Smart Phone Safety Tips

You child may have received a smart phone this Christmas, or you may be considering one before they start secondary school.

Below we have attached a useful guide providing tips and information specifically aimed at young people when using Smart phones. We hope you find it helpful.

SCHOOL WEBSITE

Term and Holiday Dates

Term and holiday dates for this and the next academic year are available to view on the school website under the Parents tab or by using the following link;

<https://www.eastry.kent.sch.uk/termdates>

CLEANER NEEDED

An opportunity has become available to join the Eastry School team. A vacancy has arisen for a cleaner at the school. Hours are 7.5 a week during term time and a few additional hours during school holidays. Starting date is 19th February.

Please call the school for further information and an application form.

AFTER SCHOOL CLUBS

Week commencing 29.1.24

MONDAY	
Fitness/Circuit Training (3.30-4.15pm)	YES
Home Learning Club (3.30-4.00pm)	YES
Creative Station (3.30-4.30pm)	YES
TUESDAY	
Ballet (3.30-4.10pm)	NO
WEDNESDAY	
Singing Club (8.00 to 8.35am)	YES
Multi-Sports Club (3.30 to 4.30pm)	YES
THURSDAY	
Football Club (3.30-4.30pm)	YES
FRIDAY	

Kind regards



Mr Neil Garvey
Interim Headteacher

SMARTPHONE SAFETY TIPS

for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosey around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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